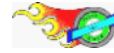




Practice Plan



Team: _____

Date: _____

Practice No.: Week

Duration: 56 Minutes

Version No.: _____

Prepared by: _____

Objectives -- Main tasks :

After every drill, have the team skate two laps while you set up the next drill. After the completion of three drills, please have a 2 minute water break. This will help keep your team hydrated.

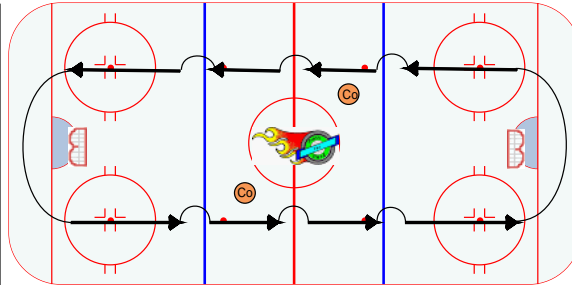
Drill no. : 1 Duration : 8 Minutes From : _____ To : _____

Title: Skating Drill # 14 Content elements: _____ Components : _____

Description

Hop Over the Line Drill: Have Players skate around the rink as shown. Place coaches at center ice. Have players jump over the lines at center ice for balance.

Total Drill Time: 8 min.



Key Points :

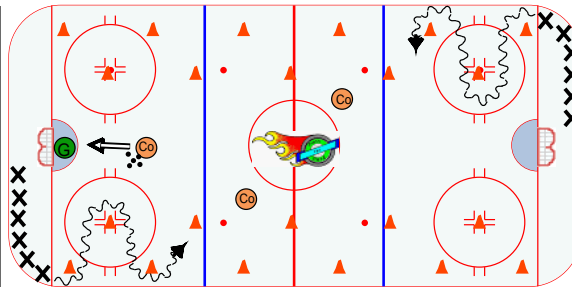
Drill no. : 2 Duration : 8 Minutes From : _____ To : _____

Title: Skating Drill # 1 Content elements: _____ Components : _____

Description

Cone Drill: Players line up in both corners of the rink. Place cones as shown and have players stick-handle in and out of cones with puck. Players' heads must be up and not watching the puck. When first player on each side reaches the third cone, the next player in line goes.

Total Drill Time: 8 Min.



Key Points :

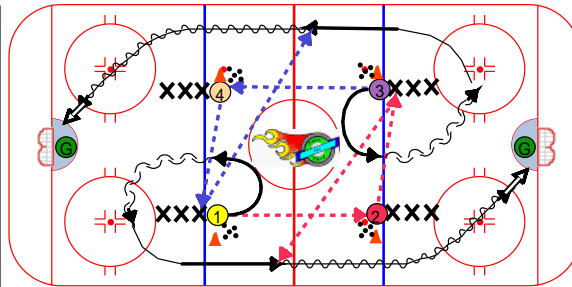
Drill no. : 3 Duration : 10 Minutes From : To :

Title: Passing Drill # 18 Content elements: Components :

Description

Neutral Zone Regrouping Drill #5: Place player as shown. On the coaches whistle, first player in line ① & ② start by passing the puck to the first player across the neutral zone. Once the pass is made, they skate forward, pivot, skate backwards around their line and back up the neutral zone. Receive puck back from second player in line. Go into attacking zone and take a shot, get back in opposite line across from where you came. Once the pass is made in the neutral zone, Line ② & ④ goes.

Total Drill Time: 10 Mins.



Key Points : One timer pass Pass to Tape! Snap shot Keep feet moving

Drill no. : 4 Duration : 10 Minutes From : To :

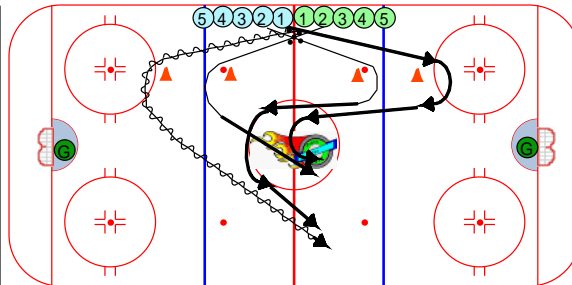
Title: Checking Drill # 10 Content elements: Components :

Description

Two on Two Driving Drill: Place players as shown. On the coaches whistle, have the first two players in each line goes.

Have the defending player force the puck carrier to the out side.

Total Drill Time: 10 Mins.



Key Points : Back Checking Move to out side. Keep feet moving

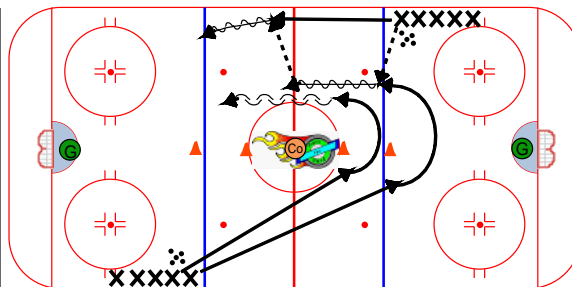
Drill no. : 5 Duration : 10 Minutes From : To :

Title: Checking Drill # 2 Content elements: Components :

Description

Two on One Drill # 1: Place two lines as shown. On the coaches whistle, first two players in one line leave and skate around the far cone. The first player receives a pass from the second player in the other line. While the second player turns pivots to becomes the defensemen. The first player in the other line leaves when the first player in the start line goes around the cone as shown.

Total Drill Time: 10 min.



Key Points : Good Cross-overs! Pass to tape! Defenseman hold > blade of stick!

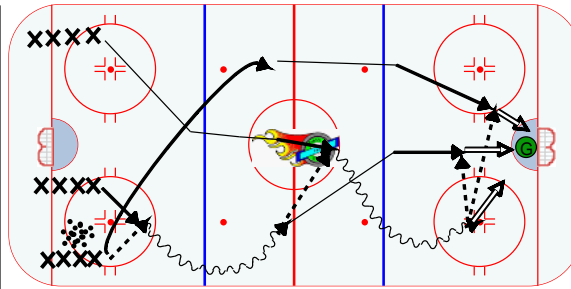
Drill no. : 6 Duration : 10 Minutes From : To :

Title: Tactical Drill # 3 Content elements: Components :

Description

Three Player Weave Drill: Show the players the three passing lanes. Place a line of players in each lane. On the coach's whistle all three players skate down the ice. Explain to the players that after they pass the puck, the player receiving the pass must change passing lane and the player without the puck goes behind the player with the puck to the next passing lane or the lane that the receiver was in.

Total Drill Time: 10 Min.



Key Points :